












FEBRUARY 2019

National City George H Waters
AT THE TOWERS
 1415 "D" Avenue- National City, CA 91950
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M</p>				<p>1) CATCH OF THE DAY</p> <p>SPANISH RICE GARDEN VEGETABLES JICAMA SLAW CANTALOUPE / HONEYDEW MILK</p>
<p>4) SPAGHETTI BOLOGNESE</p> <p>ITALIAN GREEN BEANS TOSSED GREEN SALAD FRESH GRAPES MILK</p> 	<p>5) KANSAS CITY BEEF BRISKET</p> <p>BAKED POTATOES GLAZED CARROTS COWBOY SLAW HOME MADE APPLE TART MILK</p>	<p>6) EMILY'S BEST BAKED LASAGNA</p> <p>ITALIAN MIX CEASAR SALAD PEACH MELBA GARLIC BREAD MILK</p> 	<p>7) CREOLE CHICKEN NEW ORLEANS</p> <p>DIRTY RICE & BEANS SAUTEED COLLARD GREENS STRAWBERRIES & ICE CREAM MILK</p>	<p>8) CATCH OF THE DAY</p> <p>PASTA PILAF BABY CARROTS TROPICAL FRUIT SALAD RAINBOW SHERBET MILK</p>
<p>11) STUFFED CABBAGE</p> <p>STEAMED RICE ASIAN BLEND BOK CHOY SALAD MANDARIN CUP MILK</p> 	<p>12) COUNTRY PORK CHOP W/GRAVY</p> <p>GARLIC MASHED POTATOES MIXED VEGGIES ROMAINE SALAD CANTALOUPE WEDGES MILK</p> 	<p>13) CHICKEN STROGANOFF</p> <p>EGG NOODLES WINTER BLEND CARROT RAISIN SALAD OATMEAL COOKIE MILK / JUICE</p>	<p>14) OLD FASHIONED ROAST TURKEY BREAST W/ HERBS</p> <p>CANDIED YAMS BRUSSELS SPROUTS CRANBERRY NUT SALAD PUMPKIN TART MILK</p> 	<p>15) CATCH OF THE DAY</p> <p>SCALLOPED POTATOES CALIFORNIA BLEND FRUITED LIME GELATIN SHERBET MILK</p>
<p>18) CHICKEN FAJITAS</p> <p>BROWN RICE FIESTA BLEND CAESAR SALAD WATERMELON MILK</p> 	<p>19) ROAST BEEF W/ ROSEMARY MUSHROOM SAUCE</p> <p>CORN PUDDING OREGON BEAN BEDLEY DUTCH COLESLAW MELON CUP MILK</p>	<p>20) HAM STEAK W/LEMON RAISIN SAUCE</p> <p>AU-GRATIN POTATOES CAPRI MIX FRESH FRUIT SALAD LEMON CAKE MILK</p>	<p>21) STUFFED BELL PEPPERS</p> <p>ALMOND RICE SAUTEED BOK CHOY JAPANESE BLEND SALAD MANGO MIXX MILK</p>	<p>22) CATCH OF THE DAY</p> <p>NEW POTATOES W/ GREEN ONIONS GREEN BEANS ALMONDINE MARINATED BEET SALAD STRAWBERRIS W/YOGURT MILK</p>
<p>25) COQ-AU-VIN</p> <p>EGG NOODLES BROCCOLI & CAULIFLOWER SPINACH SALAD BLUSHING PEARS MILK</p>	<p>26) CHINESE PEPPER STEAK</p> <p>STEAMED JASMINE RICE ORIENTAL MIX AMBROSIA SALAD ALMOND COOKIE MILK</p>	<p>27) PORK CHOP A L'ORANGE</p> <p>BAKED YAMS STEAMED BROCCOLI ROMAINE SALAD BAKED APPLE MILK</p>	<p>28) OVEN FRIED CHICKEN PARMESAN</p> <p>MASHED POTATOES PEAS & CARROTS TOMATO BASIL SALAD TAPIOCA PUDDING MILK / JUICE</p> 	<p>Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk</p>

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.